

Sneaking Vegetables into Meals- We know kids need vegetables to help them grow up healthy, but sometimes it can be a big challenge to get kids to eat them!! Try these tips to include more vegetables into your meals without a fight!



Try: finely chopped carrots, peppers, tomatoes, mushrooms, broccoli and onions

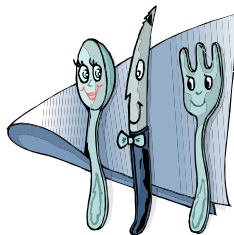
- **Add to:** Pasta sauce, homemade salsa, lasagna, rice, casseroles and soups.

Try: Puree in a blender or food processor: broccoli, cauliflower, carrots, sweet potatoes and tomatoes

- **Add to:** Mashed potatoes, pasta sauce, soups, and gravies.

Try veggie-rich soups: Chili, vegetable soup, corn chowder and homemade tomato soup

Healthy and Fit Family Top 10 List



1. Don't make your kids clean their plates
2. Allow your kids to decide how much to eat.
3. Place small servings of food on their plate. If they want more, they will ask.
4. Make sure your kids don't look for food because they are bored - read or play a game with them instead of giving them food.
5. Be proud of giving them "grow" foods like vegetables and fruits. Get rid of "slow" foods like candy and soda.
6. Take a walk together every day. They will treasure the memories!
7. Put on an exercise video or dance to music when it is too hot or cold to walk.
8. Don't use food as a reward - give kids your time and affection instead of food.
9. Remember to eat the foods you want your children to eat - children do notice what you eat!
10. Don't forget it is never too late to make healthier choices.

Make your own family top ten list of ways to reward your children that don't include food rewards!



Information adapted from
Inter-Tribal Council of Arizona WIC

Try: a healthier version of fries that the whole family will enjoy!

Healthy Sweet Potato Fries

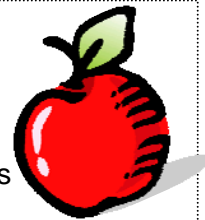
2 sweet potatoes or yams
3 Tbsp canola or olive oil
¼ tsp salt or seasoning salt
(For spicy fries try 1 tablespoon of taco seasoning mix instead of salt)

Directions:

- 1) Preheat the oven to 450 degrees.
- 2) Wash and cut the sweet potatoes into 1/2 inch strips or wedges. In a plastic bag or bowl combine the oil, seasonings and cut fries to coat.
- 3) Arrange in a single layer on a nonstick baking sheet. Place in oven for 30-40 minutes, turning once.

Cook's Corner

Apple Crisp



4 cups sliced and peeled apples
1 Tbsp orange juice
2 Tbsp flour
6 Tbsp brown sugar
½ cup water
2 Tbsp margarine or butter, melted
1 cup uncooked oatmeal
1 tsp cinnamon

Directions:

- 1) Preheat oven to 350 degrees and spray with a nonstick spray or lightly oil a 1-quart baking dish.
- 2) Toss apples with orange juice, flour, and 2 tablespoons sugar.
- 3) Pour into baking dish and sprinkle water over top of mixture.
- 4) Combine margarine or butter, oatmeal, cinnamon and remaining sugar.
- 5) Spread over apples.
- 6) Bake for 25 minutes.

Recipe from University of Georgia Cooperative Extension.



Wellness Nutrition Fun Facts

For WIC Families

September/October 2007



Celebrate National Fruit and Vegetable Month - September 2007



Fast and easy ways to include fruits and veggies

When it comes to good nutrition all forms of fruits and vegetables matter - whether fresh, frozen, canned, dried or 100% juice, these taste sensations are quick and tasty and will help keep your family healthy all year round. Try these tips to include more fruits and vegetables!

Make it easy!

- Try frozen vegetables - they are easy to store and can be added to canned soups or casseroles.
- Keep canned fruit in the fridge ready to add to cereal or for a fruit salad

Eat Out, Eat Smart

- Choose apple slices or a side salad in place of French fries when eating fast food.
- Get pizza with the works - mushrooms, onions, olives and peppers- could even try pineapple!

Healthy at work!

- Try fresh fruit instead of donuts for treats at work.
- Mix raisins and other dried fruits with nuts for a quick pick me up.

Blend it! – kids love these too!

Use fresh, frozen or canned fruit to make smoothies.

- Peaches and Cream: one fresh, frozen or canned peach and a carton of low-fat vanilla yogurt.
- Banana Split: one banana, splash of orange juice and a scoop of low-fat strawberry ice cream.
- Very Berry: one cup of fresh or frozen berries, ¼ cup of cranberry juice and a scoop of orange sherbet.

Try this one day plan for easy ways to get your fruits and veggies!

- Add canned or fresh fruit to cereal or yogurt.
- Grab fruit for a morning snack.
- Have a green salad at lunch.
- Eat raw vegetables alone or with low-fat dip for an afternoon snack.
- Have 1-2 vegetables with supper like a baked sweet potato and broccoli.

Information adapted from Five-A Day-The Color Way



Breastfed babies are exposed to more tastes

Eating a variety of foods good for mom and baby!

A nursing mother may need around 500 extra calories per day or more to produce breast milk, which means that mom should eat a wide variety of well-balanced foods.

When mom eats a variety of foods, this introduces the breastfed baby to different tastes through their mother's breast milk as the milk has different flavors depending on what mom has eaten.

When baby is old enough to eat solids this may make introducing new foods easier for mom and baby, as mom has given baby a head start with new tastes!

Vegetable Macaroni and Cheese

- 1- 8 ounce package of elbow macaroni
- 1/2 onion, chopped
- 1 tablespoon butter or margarine
- 1/4 teaspoon salt and pepper
- 1 tablespoon flour
- 1 1/2 cups skim milk
- 1 1/2 cups cheddar cheese, shredded
- 1 tomato, diced
- 1 cup chopped broccoli
- 1 cup bread crumbs



Cook macaroni according to package instructions. Rinse with cold water and stir. Set aside.

Cook onion in butter in a saucepan over medium heat. Stir in salt, pepper, and flour. Add milk and cook, stirring until thick and bubbly. Add diced tomato and broccoli.

Stir in cheese until melted. Add macaroni and stir. Pour into a 1 ½ quart casserole dish. Bake for 30 minutes in a 350F degree oven. Top with bread crumbs for the last 5 minutes of baking. Serves 4